

DINNER PARTY

CREATE A DECADENT **RIB-ROAST DINNER**

{page 16}



NEW TALENT BLACK ATLASS TO PERFORM IN LONDON



Thursday, February 2,

www.metronews.ca



News worth sharing.





Workers mark a month on the picket line

Locked-out workers marked one month on the picket line Wednesday with some saying it's getting harder and harder to keep their households afloat. Story, page 4.

Pinpointing a problem

New committee to delve deeper into needle concerns • Official points to success of disposal bins on streets and in parks as proof people are ready to act

The city is forming a working group to examine the issue of used syringes being discarded on public and private property.

The committee plans to take on pretty much anything that could fall under the "discarded sharps" umbrella, said Jan Richardson, who manages homelessness, hostels and special populations for the city.

"There are many individuals affected ... property owners, merchants, landlords, community agencies, parks staff," Richardson said. "We're ready now to say, 'Let's make the table bigger so that we can start looking at some of the broader solutions.'

That readiness comes after the city rolled out needle-disposal boxes in 2008 as part of London CAReS (community addiction response strategy) — a plan to improve the health of homeless people by addressing addictions. A few boxes were put in place during the first year, and staff have been adding more since then.

Now, 13 bins have been placed in an area bounded approximately by the Thames River, Oxford Street, Rectory Street and the SoHo neighbourhood.

The first boxes east of Adelaide Street were added late last year. Through outreach by London CAReS staff along with input from groups including business and neighbourhood associations, 10 more hotspots have been identi-

Disposal bins

The city tracks needles collected from disposal bins. Here's a look at the numbers.

- 2009. Number of bins: 4; needles: 70,440
- 2010. Number of bins: 8; needles: 142,015
- **2011.** Number of bins: 13; needles: 112,439

fied as places that would benefit from bins, Richardson said.

While the new committee could lead to more discussion about where bins should be placed, Richardson also expects many other results.

The group doesn't have set parameters, so anything — including a possible redesign of the city's needle bins — is up for grabs. Some cities, Richardson said, have blended the bins with the urban landscape, fashioning them into pieces

"In Edmonton they have them on telephone poles.... They're much smaller and all over the place. In Vancouver, they have a variety of different designs," she said. "We have a serious problem in this country related to addiction and injection-drug use," Richardson added. "Needle bins are one part of the overall picture."

ANGELA MULLINS







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Get in the Q: Ghomeshi coming March 8

CBC's Jian Ghomeshi is coming to the Grand Theatre on March 8 with his daily national talk show, O.

Tickets go on sale at 9 a.m. on Friday for a live taping of Q on the theatre's main stage on March 8 from 7 to 9 p.m. The show airs on March 9 in Ghomeshi's regular CBC Radio One time-slot at 10 a.m. Musical acts include the folk-rock band Great Lake Swimmers and London violinist Lara St. John.

Tickets are \$20 for A+ and A seating and \$15 for B and C seating. Call the Grand box office at 519-672-8800 or go to grandtheatre.com.

METRO



Londoners want CBC station: Poll

Almost three-quarters of Londoners want the CBC to establish a local radio station, says a new survey commissioned by the broadcast watchdog group Friends of Canadian Broadcasting.

About 72 per cent of Londoners polled want a local CBC option on the dial, and 68 per cent hope their MP will champion the new station or not oppose it.

The online survey of 402 adult Londoners has a margin of error of 4.89 percentage points, 19 times out of 20. It was fielded by the national polling firm Angus Reid/Vision Critical.

METRO



Standoff ends with surrender

Police arrived at a home in the city's northeast at about 11:30 a.m. after someone called with concerns about a man inside. The man, whom police described as "distraught," surrendered and was taken into custody shortly after 4 p.m. No one was injured. Additional details had not been released as of Wednesday afternoon.

Black History Month is about sharing stories

○ Community lessons abound for February, organizers say ○ Opening event aims to familiarize Londoners with various cultures in the city



As organizers of London's Black History Month events kick into high gear, Silence Genti wants to clear up one thing once and for all.

"There's a common misconception that Black History Month is for black people," he said. "I think our work ... is to engage the community. By that, I mean (all of) London."

This year, Genti and other members of the coordinating committee are

Events info

For details about London's Black History Month lineup, contact the London Cross Cultural Learner Centre at 519-432-1133 or go to Icclc.org. Most events are free.

trying to make that engagement happen through a mix of serious seminars and fun events with food, music and dancing.

The committee — building around the theme of "reflections" — gets the ball rolling on Saturday,

with a cultural celebration at Museum London. Other programs are dotted throughout the month, ranging from family events to those meant to empower anyone willing to listen.

New to the lineup for the committee's 10th anniversary is a youth indoor soccer tournament called Kick Racism.

"The idea behind it is to get young people in schools together regardless of race to do some community building and character building using sport as a medium," Genti said.

While some events are built around culture, others look at the history of London's black community. Keeping that top of mind is important, Genti said

"The hope is you come in and you walk away with some sort of new knowledge about London, about black history," he said. "Black history ... is very important because it talks about a ... section of our London community — how they came to be here and the different journeys they took to be here."





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Scientists create a rather intimidating swarm of nanorobots. Watch at metronews.ca/

Sally Ann shuts down mom centre

It's another sign of the challenging economic

The Salvation Army is shutting down its Bethesda Centre on Riverview Avenue.

The centre has provided holistic care for young London mothers and their babies for nearly 60 years. Officials say they face serious resource prob-

lems.

But the Salvation Army says it is not leaving the moms high and dry, and will help them find support from other community programs.

"The primary concern of Salvation Army officials is for the continued well-being of those under our care," said Lt.-Col. Lee Graves, divisional "Our goal ... is to ensure the best possible outcomes for the residents and staff ... at the London Bethesda Centre."

LT.-COL. LEE GRAVES, SALVATION ARMY

commander.

Way to go, Woodfield!

Think London's Woodfield neighbourhood is great? Here's your chance to prove it. The historic district has been nominated for a Great Places in Canada award. Votes will be accepted online through Feb. 29 at cip-icu.ca/great-places.

@ METR



News in brief



Biebs-signed-car winner ups bid

BENEFIT AUCTION. The 2012 Hyundai Genesis Coupe 2.0T signed by Justin Bieber that was auctioned on eBay won't be leaving Ontario.

Allan Komenda of London has come forward as the winner of the auction, but says he feels his \$40,000 US winning bid was too low.

Since he felt the car didn't sell for enough to help the kids in Stratford, Komenda says he's willing to raise his bid to \$80,000. THE CANADIAN PRESS

Cultural festival fit for King's

FREE FUN. The international student services department at King's University College at Western University will host King's Cultural Festival on Thursday night from 7 p.m. to 10 p.m. in Room 105 of Bessie Labatt Hall. The free event will feature singers, dancers and musicians from around the world. • METRO

Reinforcements needed to quell stubborn blaze

NEAR HYDE PARK. It took firefighters more than four hours to put out a barn fire in northwest London that caused an estimated \$400,000 in damage. The fire started just after 8 p.m. Tuesday and fire crews didn't leave until 1:30 a.m. Wednesday. AM980/AM980.CA

Where did winter go?

Many Londoners are wondering when — or if – winter will ever show up.

According to Environment Canada, short-term forecasts show the first week of February will be milder than normal, with some precipitation but hardly any snow accumula-

But that doesn't mean

it's spring yet. "I think there will be a few moments when you wish you were somewhere else," said Environment Canada climatologist David Phillips.

Freezing weather has been almost non-existent in London this winter, with 15 days of temperatures below 0 C, compared to 54 over the same period last vear. AM980/AM980.CA

> 200 Number of centimetres of snow we had this time last year. This year, it's less than 100.



EMD workers feel money squeeze

One month on picket line Average take-home pay of about \$950 a week reduced to lockout pay of \$250



The Jan. 1 lockout at London's Electro-Motive Diesel plant hardly came as a surprise to workers.

After months of failed contract negotiations and a six-month extension last summer, many had read the writing on the wall loud and clear: They would likely be on strike or, in this case, ushered out.

Many started squirreling away money or buying extra groceries while times were good. But after four weeks on the picket line, those supplies are running low, and workers are making tough decisions.

These are three of their stories.

Ryan McCafferty

McCafferty, 31, is responsible for feeding a family of four.

The youngest — born only months before the lockout started — is doing fine. It's his stepsons, ages 14 and 16, that McCafferty worries about most as money runs thin.

Watching as the teenagers dine night after night on frozen dinners and carefully managed portions "breaks heart," he said.

absolutely "There's nothing I can do.'

Asking for help

London city councillors voted Tuesday to send the federal government a letter asking that Electro-Motive workers receive employment insurance until their contract dispute is resolved. Typically, such pay is only available to people who have been laid off. The federal government has made exceptions before: Steelworkers were granted EI pay last year during a lockout in Hamilton. ANGELA MULLINS

The family leans on friends and relatives for as much help as possible. The little bit of savings McCafferty had from five years of work at Electro-Motive is basically gone.

"Right now, I'm racking up my credit (card) bills," he said. "One credit card pays the other credit card that pays the other one."

Andrew Stolarski

While some Electro-Motive workers have talked openly about packing up and heading west to look for work, that's not an option for Stolarski.

He's 47, has worked at the locomotive plant for 22 years and isn't willing to uproot his children.

What once was considered part of normal, everyday life in his household — two cars, extra clothes, cable - now fall into a different category.

"You have to think about what's really a luxury, things you don't really

So far, Stolarski's standing firmly against pulling his kids, 10 and 14, out of programs like hockey and swimming.

"You wake up after a month, and reality sets in, he said. "The cable bill's \$35, \$40 a month. Even 40 (extra) bucks helps."

Andrew Toth

Looking for corners to cut, Toth's already cancelled his cable.

He also disconnected his land line and casts off any thought of grabbing a coffee or sandwich from a drive-through window.

When the dinner hour rolls around, Toth, 46, digs through the deep freezer, thawing out what he stored away before the lockout started.

"We're relying on that right now, but it goes quick," the Electro-Motive employee of five years said. "We've got about another two weeks left."



Senator bites back controversial words

metr@news

Senator Boisvenu apologizes for earlier comments on offering suicidal hanging to worst offenders

A Conservative senator backed away from an unconventional proposal Wednesday for reducing prison costs: give serial murderers a rope and let them decide whether to hang themselves.

"Basically, every killer should (have) the right to his own rope in his cell. They can decide whether to live," Sen. Pierre-Hugues Boisvenu said, referring to people who "had no hope of rehabilitation."

A few hours later, after an outcry from the opposition and a flurry of media interest, Boisvenu issued a statement saying the comment was inappropriate and that he withdrew it.



The comment about hanging came on the same day an awareness campaign was launched on youth mental health, in memory of young Ottawa suicide victim Daron Richardson. There have

also been a number of recent, high-profile prison suicides in Quebec.

Prime Minister Stephen Harper distanced himself from the remarks, but said he understood Boisvenu's feelings. Boisvenu became a victims'-rights advocate after his daughter was kidnapped, raped and murdered in 2002. Harper appointed him to the Senate two years ago.

"We all understand that Sen. Boisvenu and his family have suffered horribly in the past and, obviously, I think we understand his emotions in that regard," Harper said during the House of Commons question period. THE CANADIAN PRESS



Postal tributes to Canadian icons

Stamps commemorate Viola Desmond, who sat in the whites-only section of a Nova Scotia theatre. She was removed, arrested and fined. John Ware was a former U.S. slave who became a pioneer of the ranching industry in Alberta.

Canadian prisoner in Mexico charged

Cynthia Vanier, who is accused of masterminding a

plot to bring Moammar Gadhafi's son to Mexico, has been formally charged, Mexican officials confirm.

Three others have also been charged, while an ar-

rest warrant is out for a fifth suspect.

Vanier, a mediator based in Mount Forest, Ont., has been moved to a prison in Chetumal. THE CANADIAN PRESS

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Europe battles cold spell

Rescue helicopters evacuated dozens of people from snow-blocked villages in Serbia and Bosnia, and airlifted in emergency food and medicine as a severe cold spell kept Eastern Europe in its icy grip.

Oil from Concordia cruise ship spreads through Italy's waters

◆ Activists fear leaking fuel will harm marine life ◆ Officials identify 17th body

A thin film of oil spread from the Costa Concordia cruise ship as waves battered the wreckage off Italy's coast Wednesday, adding to fears of an environmental disaster in the area's sensitive, pristine waters. Authorities were trying to assess how serious and extensive the spread was, but said that so far it didn't appear alarming.

Italian authorities also identified a German woman, Siglinde Stumpf, as being among those killed in the Jan. 13 capsizing of the vessel. Stumpf is the 17th person whose body has been identified. Fifteen others are listed as missing.

The search for the miss-

ing has been hampered by rough seas, with emergency officials ending the search in the submerged part of the ship due to the danger to rescue workers.

A large crack also appeared Wednesday between two glass panels that formed part of the roof of the massive ship.

The oil film was spreading from a separate part of the ship, apparently the stern.

The ship contains about 500,000 gallons of heavy fuel and other pollutants, and fears have grown that those chemicals could damage an environment that is home to dolphins, whales and other marine life

Authorities are hoping



to pump fuel from the ship, but due to bad weather the effort was being suspended again Wednesday.

Floating barriers placed

around the ship to protect the water were lifted by winds, allowing the oily film from the ship to spread throughout the bay. The ASSOCIATED PRESS

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Public pensions prevent poverty: Research paper

▶ PM says OAS/GIC pension system needs overhaul ▶ Collection age could rise from 65 to 67 to cut costs

Research prepared for the federal government in 2009 shows that the old-age benefits cited by Stephen Harper as perhaps unsustainable are a key factor keeping seniors out of poverty.

The paper, titled Evaluation of the Old Age Security Program, shows that without Old Age Security or the Guaranteed Income Supplement, more than a third of women and more than a quarter of men in their 60s would fall below the poverty line. "The OAS programs have a significant influence on the incidence of low income," the report's author, Richard Shillington, wrote.

The benefits are most

OAS/GIC stats

Research shows that OAS and GIS improve an average senior's standard of living by about \$7,000 a year.

important in the Maritimes and North. "The OAS/GIS makes a huge contribution to the reduction of poverty in old age," said Andrew Jackson, chief economic for the labour congress. Prime Minister Harper said that the system is fiscally unsustainable, with costs expected to rise to \$108 billion by 2030. THE CANADIAN PRESS



Nothing fair-weather for Target

American chain Target Corp. has reached a deal with Fairweather Ltd. under which the Canadian fashion retailer has agreed to stop using the Target name.

Facebook's IPO pokes Wall Street's elite

Facebook made a much-anticipated status update Wednesday: The Internet social network is going public eight years after its computer-hacking CEO Mark Zuckerberg started the service at Harvard University.

If its initial public offering makes enough friends on Wall Street, Facebook will probably make its stock-market debut in three or four months as one of the world's most valuable companies. In its regulatory filing with the Securities and Exchange Commission, Facebook Inc. indicated it



hopes to raise \$5 billion US.

That would be the most for an Internet IPO since Google Inc. and its early backers raised \$1.9 billion in 2004.

THE ASSOCIATED PRESS





WINTER, WHY ARE YOU GIVING ME THE COLD SHOULDER?

HE SAYS ...

JOHN MAZEROLLE

Dear Winter:

Please come back. I miss vou.

It was cute at first, you disappearing. I thought it was for effect, maybe. You just

wanted to wait till the best moment, then, surprise! You'd show yourself when we least expected it. You flake, you. But another week slid by.

Then I thought maybe you were making fun of all those weatherpeople who predicted a deep freeze. Stupid "media-

rologists" and their TV-ready descriptions of complex systems. ("After the break, we'll tell you about tomorrow's Sleet Quasar!")

You showed them, I thought. But, then, still no sign of you.

Most recently, I thought maybe you wanted to make a point about other disappearances — manufacturing jobs, polar bears, the Toronto Maple Leafs at playoff time. These are good, important points to make. But, if that was your intention, your point has been made.

Where are you? You snapped in Edmonton a couple times, and blew through the Maritimes this week, but that's been pretty much it.

Let's have some Real Talk, OK? You're being selfish. If you won't think of us, won't you think of the children? You're denying kids important life lessons they only learn when you're around. Like, when I was young, I learned that sledding had an elaborate social pecking order, from the kid who owned a GT Snowracer (King of the Hill) to the kid with the Crazy Carpet that was always reverting to its Fruit Roll-Up shape (Lowly Serf).

You provided me some of my only adventures growing up. In New Brunswick, we didn't have any of the most common natural disasters — hurricanes, earthquakes, Bryan Adams concerts. The only Discovery Channel doc you'd ever see filmed in my hometown is

So, craving excitement, I had to get by with delivering newspapers in blizzards or playing street hockey in -15 C weather. It's perhaps sad that I've never felt more alive.

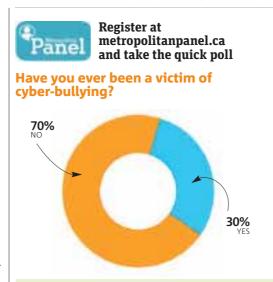
If this is what it takes to get you back, let me say this: I'm sorry. I'm sorry I took you for granted.

You were harsh, but I realize now it was necessary. A playful pinch to the cheeks or even a cold slap is a welcome respite from the limp handshake of the muddy impostor that has taken your place.

Î miss making the first scritch-scritch footprints in a park of untouched snow. I miss Arctic fog rising off the water on a frigid day. I miss your cold embrace.

The place just isn't the same without you, Winter. Come back: my Crazy Carpet is always unrolled for you.

Read more of John Mazerolle's columns at metronews.ca/hesays



Local tweets



► **@ScottSkull:** Sweatpants are

not outside pants. #uwo #ldnont **@scorchyy:** according to

London's Marketing Facts

2011, specialty physicians

- in London, on avrge, make approx. \$104/hour. Am I jealous? #yesiam #ldnont **@jodisimpson:** Thanks for the RT's folks! March is a tough month for Food Banks in general. Let's make sure families have the support they need in
- ► @kerrymckee50: Don't for-

#ldnont.

- get time of use billing begins today by #ldnont hydro
- @ekksteisi: Starbucks on Highbury and Cheapside is now 24/7. Night owls rejoice! #ldnont #needyourfix?
- @Notasalad: #balling at #fanshawe Lol damn still Abit out of shape...!
- @TimothyDParker: Wearing a vintage #uwo sweater. #westernu
- ▶ **@LeGiff:** Hey #Ldnont it should be mentioned that @Aeolianhall played a big role in bringing @CBCRadioQ to town. So be sure to Thank Clark & Megan!



Crevice cuts ice from the north

ANTARCTICA. Nay, nay, it's not a scratch — it's a 30-kilometre-long crack that will carve an iceberg the size of New York City!

NASA has spotted a deep crevice on Pine Island Glacier, an ice stream that drains the West Antarctic Ice Sheet.

The image, taken in November 2011 but only released Wednesday, shows the crack's growth.

MWN

80X60

The ice crack is 80 metres wide and 60 metres deep. Measurements suggest the ice shelf in the region is about 500 metres thick, with only about 50 metres of that floating above water.

Pine Island

- The Pine Island Glacier is part of the West Antarctic Ice Sheet and contains enough water to raise sea levels worldwide by more than six metres.
- Experts last year discovered warm currents are eroding ice from below, twice as fast as previously thought.



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Statistics: The Life State (In Fig. 1) and the COS and the State (In Cos and the State (





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Hoboken, New Jersey, has denied a request for a spinoff of MTV's Jersey Shore reality show to film in the city. It is to star Nicole Snooki Polizzi and Jenni JWoww Farley. Hoboken Mayor Dawn Zimmer says the Film Commission's decision was made based on safety and quality of life concerns for residents of the city along the Hudson

THE ASSOCIATED PRESS



Consult your local Atlass

• Teenage music sensation Alex Flemming performing at Castledrum Saturday

BACKSTAGE PASS

MILA PETKOVIC



A 17-yearold musical inspiration known as Black Atlass has hit London's music

scene. He's playing at Castledrum's first show of the year on Saturday.

Black Atlass, or Alex Flemming — a Grade 12 student at St. Thomas Aquinas Secondary School in London, just released a six-song EP that he wrote, produced and mastered by himself.

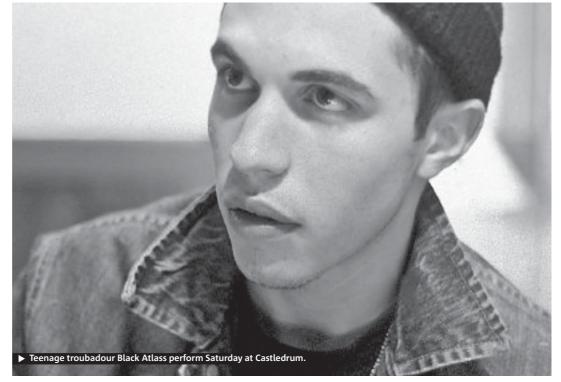
"In it you can hear snippets across all genres, from '50s blues to pop and rap, R&B vocals, and dub step in the spacing of the beats," says Flemming.

The young man spends countless hours creating music in the basement-turned-music studio of his parents' home.

Flemming sings and plays all the instruments that a full rock band would. He then digitally adds to and alters his music, giving

"In it you can hear snippets across all genres, from '50s blues to pop and rap, R&B vocals, and dub step in the spacing of the beats."

ALEX FLEMMING



it a more electronic feel.

Rob Ross, electronic musician and creator of the record label HANDS as well as Castledrum here in London, was blown away when he came across Flemming's music on Londonfuse.ca.

"It sounded to me like someone twice his age mastered and produced it," says Ross. "He is able to create an expansive sound — an epic feel — a realization, like you're on the brink of something big. That's the feeling I get from it."

The standout track for

Ross is Hills, which also comes with a music video produced by Flemmings's 18-year-old friend Cameron Morris. The video, like the song, is slow burning and eludes a dark, seductive vibe, says Ross.

Much of Flemming's inspiration springs from other art forms, including fashion and film.

"Sometimes I write from the perspective of a character in a movie. I'll try and take some of that feeling and put it into my music," The name Black Atlass came to Flemming as he was traveling back to London from Montreal by car.

"There was an Atlas in front in me. You can interpret that as movement, traveling or the world. And black is associated with a mystique, or being cool."

Flemming is now working on a 13-song album, which he hopes to release in the spring.

The fact that Flemming is only 17 baffles Ross. "I can't get over it. Most kids his age are not doing any-

thing like this. It's amazing to see someone so young and focused, taking this route and excelling in it."

Flemming is unsure about what the future holds for him.

"Right now I'm just seeing where it goes. But in the back of my mind, I know I want to make this my career. It's my art, it's what I do."

Black Atlass is performing at Castledrum (844 Princess Ave.) this Saturday, along with artists Eaux Neaux and RLMDL

You should watch for it

DC Comics announcing it will release a prequel series to the Watchmen



A seven-part prequel series to Watchmen, one of the most popular graphic novels of all time, will appear this summer, according to DC Entertainment, publishers of DC Comics.

The news is sure to excite fanboys, but also dis-

gust some: Original Watchmen creator Alan Moore, who has long feuded with DC, is not involved with the new series and none too happy about their decision.

Instead, a pack of other star talents, including J. Michael Straczynski (The Amazing Spider-Man) and Darwyn Cooke (Catwoman), will write installments, each centering around a different character.

"It's our responsibility as publishers to find new ways to keep all of our characters relevant," said DC Entertainment co-publishers Dan DiDio and Jim Lee.

"After 25 years, the

Watchmen are classic characters whose time has come for new stories to be told. We sought out the best writers and artists in the industry to build on the complex mythology of the original."

The original, published in 1986 and 1987, followed a defunct batch of superheroes brought back to-



gether after the death of a colleague.

No mini meatball ... yet

Calzone not in the oven for Snooki Translation: Pregnancy rumour is false

For a few brief, terrifying moments yesterday, we feared Snooki was preg-

It all started with an ugly, horrible, breakfast-ruinrumour ing from RadarOnline.

"She's been telling people that she has a big announcement coming," a source told the site, adding that boyfriend Jionni LaValle had been sharing the news with close family and friends.

While a photo search mercifully didn't reveal a Snooki bump, it did fail to turn up the expected number of drunk duck faces.

Finally, she made an appearance on Opie & Anthony to set the record straight: There will be no spawn of Snooki.

"Why are people calling me fat?" she wondered. "That's so rude!"

It is rude, Snooks. It is rude and we won't stand for it. monica weymouth





Carter sister dies

Leslie Carter — younger sister of Backstreet Boys' Nick Carter and a star of House of Carters — died Tuesday in New York. No details have been released regarding the cause of

"Our family is grieving

right now and it's a private matter. We are deeply saddened for the loss of our beloved sister, daughter, and granddaughter, Leslie Carter. We request the utmost privacy during this difficult time," her family said in a statement. • METRO

Soul Train host Don Cornelius dead in apparent suicide

Soul Train producer and host Don Cornelius was found dead in his Los Angeles home early yesterday morning from what appeared to be a self-inflicted gunshot wound.

Cornelius created the show in 1970, and hosted it until 1993.

"He was a true television visionary and his contributions to African American culture, music, and entertainment are incomparable. The outpouring of affection and tributes to his legacy are a true testament to the profound impact that his life's work had on many generations," said Kenard Gibbs, CEO of Soul Train Holdings, in a statement.



Celebrity tweets



Woke un looking like the lip

injection fairy visited me in the night! Is this how pregnancy face begins?! Yikes!

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Newt's moon colony will cost

nothing. It

will be paid for with moon money printed at a moon mint by a to-be-appointed moon treasurer.



We have 56 calves on the ground-SO cute- ya

them all!

Note: Baby Gaga must be Italian





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Oscar contenders?

The most award show worthy dresses from ss12 couture week:

Armani Privé

A strapless universally flattering

shape + a shimmery bandage effect = Best Dressed List Bait. Take note Jessica.



Chanel



for one of the more adventurous 'Holly-Young Things' (we're talking about you, Emma Stone.)

Gambattista Valli

It's black. edgy and mysterious with sheer panels and cut-outs. A total Rooney Mara kind of



• The popularity of the wide-brimmed has been bubbling on the runway for a while now • But this winter, hats from nearly all decades have become a full-blown trend • Here are some of our favourites

Return of the hat

(you knew it would be back)















MODEL YOUR LOOK AFTER MOVIE

OUEENS The Artist, Annie Hall and Cabaret









Ready to be a winter warrior?

Snow in an average shovelful can weigh nearly 30 pounds And twisting to throw a load is hard on the back

DIY IDEAS

Although many areas have been relatively snow-free this winter, snow removal woes are just one storm

So here are some strategies, and the latest tools.

First, have a plan before the flakes start falling. If you're not physically up to shovelling, arrange for a plowing service or enlist some kids to at least do your walkways; many communities mandate that sidewalks be cleared within 24 hours of a storm.

If you are taking on the snow yourself, take it easy.

Warm up, start slow and cover your mouth if the air is very cold, according to Dr. Grace Cater, a cardiologist in Cleveland. "Snow shovelling can be more strenuous than exercising full throttle on a tread-mill," Cater says on Metro-Health's Heart Vascular Center's webpage.

Bill Foster, who for 40 years has shovelled his and neighbours' snowy sidewalks and driveways in the western Chicago suburbs, says common sense can make the job easier.

"The biggest mistake people make is starting with the easy stuff," Foster

end of the driveway where the plow dumps all the heavy road snow.'

A few more tips for keeping things manageable, from Good Housekeeping magazine:

- 1. Don't put your back into it: Use your leg and thigh muscles instead, and push more snow than you lift.
- 2. Layer up: No heavy down coats for this job it's better to dress in layers you can remove as you work. Make sure caps or masks don't impede vour ability to see cars, icy spots, or people. You don't want to whack someone with your shovel.
- 3. Drink up: Water keeps you hydrated as you work.
- 4. Stop when you need to, and take breaks every 15 minutes or sooner: Make sure family members and friends know you're out there.

Foster recommends cutting the driveway down the middle so you are shovelling smaller passes out to the sides from the centre

"And never wait till the snow stops falling," he says. "I'd go out two or three times during a storm to stay ahead of it all."

Mechanics Popular writer Roy Berendsohn advises clearing the car off

"When you're freshest thoroughly before starting and strongest, start at the on the driveway. He also ▶ Garden-variety snow shovels have been doing the snow removal job for hundreds of years, but many of today's tools can make it easier.

recommends keeping a stiff brush and some oil handy to remove buildup on snow-blower blades. Make sure paths are clear

of newspapers, dog toys, rocks and electrical cords before you fire yours up.

Also, decide where the snow's going to go before

you start. Starting to shovel from the house out to the perimeter of the property is inefficient. Drop the first load far enough away

from where you start so that you'll have room for piles as you work your way back to your starting position. THE ASSOCIATED PRESS



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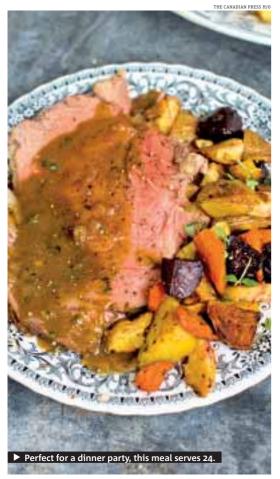
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Delicious flavour of simplicity

▶ Rib roast with roasted veggies and shallot-merlot gravy makes for elegant meal ▶ Features pantry staples



Make a special meal for your next dinner party with this rib roast, roasted veggies and a flavourful gravy made with shallots and merlot wine. Be sure to serve the wine alongside for a perfect match.

Preparation:

- In large roasting pan, arrange onions, carrots, celery, garlic, thyme and rosemary in even layer.
- Season rib roast all over with salt and pepper. Place roast on top of yea-

etables in roasting pan. Roast in 245 C (475 F) oven 15 minutes, then reduce heat to 160 C (325 F). Roast for 2 to 2 1/2 hours or until roast reads 55 C (130 F) at the centre for medium or 50 C (120 F) for medium-rare.

- Transfer roast to a serving platter and cover with foil and keep warm. Set aside roasting pan.
- Roasted Root Vegetables: In a large bowl, toss carrots, parsnips, beets and

potatoes with oil, rosemary, salt and pepper. Spread evenly on 2 large rimmed baking sheets. When roast comes out of oven, raise temperature to 200 C (400 F). Roast vegetables. stirring occasionally, for 30 minutes or until tender and browned.

- Shallot Merlot Gravy: Place roasting pan over medium-high heat. Add wine to reserved roasting pan juices and scrape up any browned bits from bottom of pan.
- Using a slotted spoon, remove and discard any solids from pan. Add shallots, thyme, and 500 ml (2 cups) of the beef broth. Bring to a simmer and cook for 3 minutes.
- In bowl, whisk remaining beef broth and flour. While stirring, add this mixture to roasting pan. Cook while stirring for 3 minutes. Season with salt and pepper. Serve roasted vegetables and gravy alongside roast. THE ASSO-CIATED PRESS/ ADAPTED BY **EMILY RICHARDS, A PROFES-**SIONAL HOME ECONOMIST. COOKBOOK AUTHOR AND A TV

CELEBRITY CHEF. FOR MORE. VISIT EMILYRICHARDSCOOKS.CA

Ingredients:

- · 4 onions, quartered
- 4 each large carrots and celery stalks, cut into large pieces
- 1 head garlic, broken into cloves and peeled
- · 4 sprigs each fresh thyme and rosemary
- 1 bone-in rib roast (5.5 to
- 6.3 kg/12 to 14 lb) · Salt and black pepper

Roasted Root Vegetables

- 1 kg (2 lb) each carrots. parsnips, beets, and Yukon gold potatoes cut into 1-cm (1/2-inch) pieces
- 45 ml (3 tbsp) vegetable or canola oil • 45 ml (3 tbsp) chopped
- fresh rosemary • 10 ml (2 tsp) salt
- 5 ml (1 tsp) ground black pepper

Shallot-Merlot Gravy

- 250 ml (1 cup) Merlot
- 2 shallots, finely diced
- 15 ml (1 tbsp) minced fresh thyme
- 750 ml (3 cups) beef broth
- 45 ml (3 tbsp) all-purpose
 - Salt and black pepper

Weekly Cookbook

Pitchin' In chronicles Food Network celebrity chef Lynn Crawford's road trip across North America, describing the people she meets, the land, and of course, the

She travels from Vancouver Island to haul the best Dungeness crab available to Perth County, Ont., famous for some of the best pork in Canada, and beyond to places such as Kansas, Florida and Texas.

Crawford shares more than 100 amazing and simple recipes from her adventures.

These eats include Potato-Crusted Halibut. Cider-Glazed Pork Chops, Crispy Calamari Salad, Veal Chop with Citrus Salad, Honey But-



ter Roasted Scallops, and Lamb Shepherd's Pie.

The chef doesn't forget that any good meal ends with dessert. Among the ones in Pitchin' In are Pecan Blueberry Cobbler, Warm Pear Cake with Bacon Caramel Sauce and Red Velvet Cupcakes.

Oyster stars in tasty canapes With smoked oysters in

your pantry you can whip up this simple little appetizer in minutes!

Change it up by using a variety of crackers or flatbreads and breads for serving.

Ingredients:

- 50 ml (1/4 cup) sour cream
- 15 ml (1 tbsp) light mayonnaise
- 15 ml (1 tbsp) prepared horseradish
- 15 ml (1 tbsp) finely chopped chives
- 1 can (85 g) smoked oysters, drained
- Dark rye or pumpernickel

Preparation:

heartandstroke.ca

In a small bowl, combine sour cream. mayonnaise, horseradish and chives. Divide mixture equally among

appropriate number of breads. Top each with 1 smoked oyster. Garnish as desired.

CLOVER LEAF/ THE CANADIAN PRESS/ RECIPE WAS ADAPTED FOR METRO NEWS BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST. COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARD-SCOOKS.CA



No collapse this time

▶ Reimer posts shutout as Leafs edge Penguins ◆ MacArthur scores game's only goal



It didn't take the Toronto Maple Leafs long to make amends for their biggest collapse of the season.

James Reimer stopped all 25 shots he faced and Clarke MacArthur scored in the third period as the Maple Leafs edged the Pittsburgh Penguins 1-0 on Wednesday.

The game was low on style points, but that mattered little to a Leafs team only concerned with adding points in the Eastern Conference standings. They had squandered one of those a night earlier in Pittsburgh, where the Penguins erased a 4-1 deficit in the third period before pulling out a 5-4 shootout win.

It looked like another overtime period would be necessary on Wednesday until MacArthur took a pass from Mikhail Grabovski and deked around Brent Johnson at 13:55.

That was the only offence Toronto would need



to improve its record to 26-

Pittsburgh fell to 29-18-4 after being shut out for just the second time this season

Reimer was starting for just the second time in 14 games and spoke earlier in the day of wanting to regain the form that had slotted him as the team's No. 1 goalie entering the season. He made a good case for himself by registering his

first shutout since opening night against Montreal back in October.

It was also a rare appearance for Johnson, who gave Marc-Andre Fleury a rest for just the second time in 19 games.

The game featured decidedly less energy than the teams displayed 24 hours earlier in Pittsburgh, when both coaches were left with some defensive concerns. The players clearly received

the message.

Even with NHL scoring leader Evgeni Malkin on the ice, there were very few quality scoring chances at either end.

Pittsburgh did manage to get a puck over the goalline early in the second period, but that goal was turned back because Chris Kunitz was ruled to have kicked it in. The Penguins generated more of the offence in the middle period, but Reimer kept it scoreless by denying Malkin twice from the side of the net.

Each team had a power play early in the third period but couldn't break through. The closest Pittsburgh came was a James Neal shot that rang off the post.

MacArthur's 16th goal of the season eventually broke the deadlock and helped the Leafs remain in playoff position. THE CANADIAN PRESS

Sports Quoted

"I presented Pacquiao with the fight. Pacquiao is blowing a lot of smoke. ... He doesn't really want to fight." FLOYD MAYWEATHER JR., WHO WILL FIGHT MIGUEL COTTO ON MAY 5 AT LAS VEGAS' MGM GRAND GARDEN AFTER NEVADA'S ATHLETIC COMMISSIONERS GRANTED HIM A CONDITIONAL LICENCE FOR ONE FIGHT BEFORE HE GOES TO JAIL IN JUNE. MAYWEATHER CHOSE COTTO AS HIS NEXT OPPONENT ONLY AFTER FAILING TO PACOUIAO. THE SUPERSTAR FILIPINO CONGRESSMAN.



Brewers outfielder takes to the ice with Sharks

On his fourth attempt during a hockey breakaway drill, Nyjer Morgan shot the puck past Sharks goalie Thomas Greiss to score in the bottom right corner of the net. Greiss did the Milwaukee Brewers outfielder a favour and let it go in, with Morgan later thanking him with a firm pat to the chest pad.

A giddy Morgan cheered, thrust his stick in the air and became a bit wobbly on the ice before recovering.

When asked about it after his outing Wednesday, he became defensive.

"But how many athletes

First love

Morgan grew up playing hockey and appeared in seven games with the Regina Pats.

do you know who can just jump on the ice and do what I just did? Exactly," Morgan said. "Pretty cool, huh? It's been many moons, it's been a lot of years, yeah. And I've still got it, you see that?"

At last, the diehard San Jose fan and former hockey player got the chance to practise with the team ne love:

"Tony Plush," as he refers to himself, stepped out for the first time 36 minutes into the hour-long session sporting a Sharks jersey with "Plush" on back.

Morgan's first three shots on goal were easily stopped by Greiss, who eased up on the last attempt.

"He just came down with a nice shot and put it in," Greiss said. "He skates really well. He's said he likes to get on his skates and have fun. You could see that." THE ASSOCIATED PRESS



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Crossword

Across

- 1 Close 5 Sidewalk eatery
- 9 Eccentric 12 Volcanic outflow
- 13 "Caro nome" is one
- 14 Ultra-modernist 15 Comic's specialty
- 17 Right angle
- 18 Book after Job
- 19 iPhone function 21 Chance, for short
- 22 Hue
- 24 Presentation 27 Second person
- 28 Out of control
- 31 Charged bit
- 32 Pismire
- 33 Ram's mate 34 Profound
- 36 In medias -
- 37 Seaport of Yemen 38 Exciting
- 40 Commercial
- 41 Search for prey
- 43 Plant life treatises
- 47 Rowing need 48 Getting the jump
- οn
- 51 USO audience
- 52 Trumpet
- 53 Chinese gang 54 Praise in verse
- 55 Dumbstruck
- 56 Remain Down
- 1 Feed the hogs
- 2 Christian Andersen
- 3 Eye layer
- 4 Candle fat
- 5 Trash containers
- 6 "All the Things You

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7 Evergreen type 8 Supporter of the arts?

- 9 bandit (slot machine)
- 10 Sandwich shop 11 Action figure, re-
- allv 16 Mischievous kid 20 Kiwi's extinct
- cousin 22 — Island
- 23 Inning trio 24 Rocker Vicious
- 25 Weeding tool
- 26 Small town description

27 Play area

20 Have hills 30 Barbie's companion

49 Present

50 Refore

► Yesterday's answer

- 35 Parishioner's seat 37 Takes as one's own 39 Island greeting 40 Matterhorn, for
- one 41 Comic strip pos-
- sum 42 Incursion
- 43 Money supply 44 Laugh-a-minute 45 "- Karenina"
- 46 Like custard or quiche

Sudoku

	5		1	8		9	
	1	6	3	4	7	9	
6			2	3			5
		4	8	5	3		
5			9	1			7
	7	9	4	6	1	5	
	7		7	2		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and

Yesterday's answer ▶

3'/-4"

Portly sonny

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7	8	1	9	6	4	3	5	2	

Rain and may

6 1 8 9 4 5 7 9 9

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

KT, I never believed in soulmates until I looked into your eyes. The way you have touched my life there can be no one else. Please find your way back to me.

The Muscle Man, You stimulate me with your metal wires and I send vou my M-wave. Oh what an image your sweet arteries have left on my heart. Come and get another balloon?

KINETICALLY YOURS, OXYGEN

Mushroommelt,

Your #1 weather farecast now available in HD.

Check your total finitegy for shrints

Your mushroomness brightens my day, and there isn't enough mushroom melts to make the world go round in my opinion! I miss bussing to school with you and head bobbing on the way home, change your school schedule so mushroom and tuna melts can rule the world again. P.S check your sugars. TUNAMELT

Today's horoscope

TAries March 21-April 20

No matter how difficult a situation may be, you are smart enough to find a solution and apply it. ¥ Taurus April 21-May 21

Some of the things a loved one says may annoy you today but there is no point getting annoyed.

II Gemini May 22-June 21 Wherever you've been held back in recent weeks is where you'll make

progress over the next few days.

Gancer June 22-July 22 If you make an effort to look beyond

everyday issues, you will discover

transform your life.

something that has the potential to

Ω Leo July 23-Aug.23

The best way to deal with changing circumstances is to adapt yourself. Try moving with the times.

Mr Virgo Aug. 24- Sept. 22 Someone will come to your aid

today. Don't turn down his or her offer of assistance just because you don't want to look weak.

The planets indicate it will be to your benefit to try to see yourself as others see you today.

M Scorpio Oct. 24-Nov. 22

Fate is about to give you an opportunity to prove yourself and if you are smart, you will take advantage.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

₹ Sagittarius Nov. 23-Dec.

21 Don't let people who don't know what they are talking about rub ou up the wrong way.

you up the wrong way. **B Capricorn Dec. 22-Jan. 20 You like to check and double check before making a move. Be true to

your nature today. Aquarius Jan. 21-Feb. 18 With Neptune, planet of illusion, about to move into the main finan-

cial area of your chart, it's not the time to be taking risks with money. H Pisces Feb. 19-March 20

Don't take too much for granted today. Stay alert if you want to stay on your feet.





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